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| **Sunchoke soup with pumpkin seeds**    Serves 24 - 30 tastes  Source: epicurious.com/recipes | |
| **Ingredients**   * 1/2 14.5-ounce package multi-grain spaghetti (the Bon Appétit Test Kitchen used Barilla Plus) or whole wheat pasta * 3/4 cup coarsely chopped Italian parsley * 6 tablespoons olive oil, divided * 3 tablespoons drained capers * 3 anchovy fillets * 3 garlic cloves, chopped, divided * 6 cups thinly sliced savoy cabbage * 1/2 12-ounce bag frozen haricots verts (slender green beans), thawed * 1 1/2 cups grated Parmesan cheese, divided * 1/2 14.5-ounce package multi-grain spaghetti (the Bon Appétit Test Kitchen used Barilla Plus) or whole wheat pasta * 3/4 cup coarsely chopped Italian parsley * 6 tablespoons olive oil, divided * 3 tablespoons drained capers * 3 anchovy fillets * 3 garlic cloves, chopped, divided * 6 cups thinly sliced savoy cabbage * 1/2 12-ounce bag frozen haricots verts (slender green beans), thawed * 1 1/2 cups grated Parmesan cheese, divided   1 kg Jerusalem artichokes (also known as sunchokes), scrubbed and finely diced  3 tablespoons butter  1 large brown onion, chopped  1 stick celery, finely diced  1 carrot, finely diced  2 cloves garlic, finely chopped  7 cups vegetable stock  ½ cup cream  Salt and pepper to taste  ½ cup pumpkin seeds (also known as pepita seeds)  Spray olive oil | **Equipment**  Large pot for soup  Measuring cups  Measuring scales  Knives  Chopping boards  Wooden spoon  Baking tray  Stick blender  Small red ramekins for individual serves |
| **What to do:**   * Cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally. Drain, reserving 1 cup pasta cooking liquid. * Meanwhile, puree parsley, 4 tablespoons oil, capers, anchovies, and 1/3 of chopped garlic in mini processor. * Heat 2 tablespoons oil in large skillet over medium-high heat. Add cabbage; sauté until wilted, about 3 minutes. Add haricots verts and remaining garlic; toss 1 minute. Add 3/4 cup cheese, pasta, and 2/3 cup pasta cooking liquid, then parsley mixture from processor. Toss until sauce coats pasta, adding more pasta cooking liquid if dry, about 2 minutes. Season with salt and pepper. Serve, passing remaining 3/4 cup cheese separately. * Wash and scrub artichokes to remove all dirt - dice finely * In the large pot melt the butter and add the artichokes, stir to coat in the butter * Dice the onion, carrot and celery – add to the pot and stir for a few minutes * Add the garlic and cook for a moment * Add the vegetable stock, and bring to the boil * Simmer for 20 minutes, or until the artichokes are well cooked * Meanwhile, preheat the oven to 180 degrees * Scatter the pumpkin seeds over a baking tray, spray lightly with olive oil spray and bake in the oven for 8-12 minutes – watch that they do not burn * Remove them from the oven, tip them onto a plate and allow them to cool * Remove from heat. Add cream, salt & pepper and puree, using the stick blender (Check seasoning) * Serve into individual bowls, top with a few pumpkin seeds and serve | |